

# March Menu - Urbana 50+ Community Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/seniorservices](http://www.FrederickCountyMD.gov/seniorservices)

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<b>2</b> Split Pea Soup Tuna Sandwich 3 Bean Salad Tropical Fruit	<b>3</b> Roasted Pork Loin Tomato Basil Salad Mashed Potatoes Apples  <b>5:00 Supper Club</b>	<b>4</b> Grilled Chicken Harvest Rice Wax & Green Bean Medley Applesauce	<b>5</b> Roast Turkey w/Gravy Mashed Potatoes Beets Carrots Fruit Cup
<b>9</b> Bean Soup Curried Chicken Salad Spinach & Grape Tomatoes Pepper Slaw Mandarin Oranges	<b>10</b> Meatloaf Mashed Potatoes Peas & Pearl Onions Cinnamon Apples  <b>Dinner: Pizza</b>	<b>11</b> Pulled Pork BBQ Sandwich Coleslaw Pineapples	<b>12 Lunch with Nurse Steve</b> <b>11:45 a.m. Sign-up by Mar 3</b> Chicken Breast Calvados Rice Blend Wax Beans Peaches
<b>16</b> Roast Turkey Mashed Potatoes Glazed Carrots Fruit Cup	<b>17 St. Patrick's Day Lunch</b> <b>11:45 a.m. Sign-up by Mar 9</b> Corned Beef Red Skin Potatoes Steamed Cabbage Carrots Corn Muffins Sheet Cake <b>Dinner: Appetizers</b>	<b>18</b> Tomato Soup Old Bay Chicken Sandwich Pepper Slaw Apples	<b>19</b> Roast Pork Loin Red Cabbage Lima Beans Fruit Cocktail
<b>23</b> Salisbury Steak Mashed Potatoes Seasoned Greens Chickpea Barley Salad	<b>24</b> Tomato Soup Chicken & Pasta Salad Baby Spinach Corn Muffin Mandarin Oranges <b>Dinner: Spaghetti</b>	<b>25 Baked Potato Bar</b> <b>11:45 a.m. Sign-up by Mar 17</b> Baked Potato Chili Spinach Salad Applesauce	<b>26</b> Beef Pot Roast Roast Cut Vegetables Mandarin Oranges
<b>30</b> Cheeseburger Mixed Bean Creole Coleslaw Cinnamon Apples	<b>31</b> Roasted Pork Loin Dilled Carrots Mac & Cheese Broccoli Slaw <b>Dinner: Hot dogs</b>	<b>Menus are subject to change</b> <b>See other side for additional information</b>  <b>Serving Time:</b> Noon, unless otherwise indicated <b>Cost:</b> \$5.00 per person per meal <b>Offered Daily:</b> Milk, juice & bread	

# Urbana 50+ Community Center

## Congregate Meals Information

### Dates and Times

Monday-Thursday (excluding holidays)

Meals served at Noon unless otherwise indicated

### Reservations/Cancellations

Reservations must be made at least 48 business hours in advance. Cancellations may be made up to 24 hours in advance. Register at the Center or call 301-600-7020.

### Cost

The current cost is approximately \$5 per participant per meal. The Senior Services Division must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

### Payment

1. Checks payable to "Frederick County Treasurer"
2. Cash must be for the exact amount; staff members are not permitted to make change
3. Credit Cards are accepted on the eStore:  
[http://frederickcountymd.gov.3dcartstores.com/Meals\\_c\\_9.html](http://frederickcountymd.gov.3dcartstores.com/Meals_c_9.html)

### Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at [www.FrederickCountyMD.gov/318/urbana](http://www.FrederickCountyMD.gov/318/urbana)

The menus are subject to change.

### Transportation: Monday, Wednesday, Thursday

Seniors needing transportation to the Urbana 50+ Adult Community Center for the meal program must call the Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:00 and 10:30 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area and staff availability.

### Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.